

SNUFFLES.

CAUSE AND TREATMENT.

All parents are more or less familiar with the acute coryza of infancy, commonly known as snuffles. Unless corrected considerable injury may result to the lining membrane of the nose and a chronic catarrh follow. The cause of snuffles may come from a sudden exposure to the cold, or the inhalation of irritating vapors, hot air or dust or the presence of a foreign body in the nostril. The writer has removed several shoe buttons from children of two or three years of age to the utter amazement of the parents who supposed them suffering from catarrh. In a recent case a boy of two years had been suffering for several months from an aggravated case of "snuffles," with an offensive discharge from one nostril. An examination revealed a foreign substance and a little manipulation brought forth a small piece of wood that had been causing all the trouble.

Improperly drying the baby's head after washing it may produce snuffles. Great care should be taken to prevent the coryza. But in spite of all precautions the child will sometimes develop this disagreeable discharge from the nose. The local application of oil or grease over the nose may aid some in the treatment. If there be much difficulty in breathing from a congested condition of the nose a sponge softened in warm water and held over the afflicted part may give some relief. The medical treatment is well indicated by Dr. Geo. H. Quay, of Cleveland, in the *Medical Counsellor* and some of his remedies follow:

Aconite.—In the beginning of an attack characterized by hot, dry skin, restlessness, sneezing, and there may be a short, dry, hacking cough.

Euphrasia.—Fluent coryza with marked suffusion of the eyes; conjunctivitis; the discharge from the nose is bland, while that from the eyes is acrid.

Ammonium carb.—Acrid watery discharge. At night the discharge stops up, causing a dry cough.

Sambucus.—Starting, jumping in sleep from inability to breathe. I believe *Bella-lonna* is often given where *Sambucus* is indicated.

Bromium.—Excoriating discharge, soreness on margins of the nose and upper lip. Child often subject to spasmodic croup; fair skin, light hair.

Kali iod.—Mucus watery or colorless, profuse, acrid, excoriating the nostrils and affecting the conjunctivæ.

Mercurius.—Profuse, fluent, corrosive discharge, worse at night. After the discharge has progressed for some time it becomes greenish.

Calcarea carb.—Nose and upper lip swollen; clear watery secretion, alternating with stoppage; or may be thick, purulent and fetid. Sweaty occiput. Frequent diarrhœa; or stool may be hard and clay-like.

Calcarea hypophos.—Large head; open fontanels; dry, towy hair; distended abdomen. There seems to be a great lack of nervous energy.

Calcarea iod.—Enlargement of the lymphatic glands.

Calcarea Phos.—Nose swollen and sore, thick yellowish-white mucus; swelling of cervical and maxillary glands.

A. R. GRIFFITH, M.D.

PURGATIVES PRODUCE CONSTIPATION.

The evil effects resulting from the use of drastic purgatives and cathartics are well known to every physician. Their chief tendency is to over-stimulate the liver and the numerous secretory glands of the mucous membrane of the intestinal tract. Watery and loose stools induced thereby, dependent as they are upon the secretions primarily affected by the blood, must produce an impoverishment of this fluid, and hence a state of general debility. The normal action of the stomach and intestinal canal are deranged, nausea, vomiting and griping frequently resulting. Chronic indigestion is more often the result of the use of aperients than from any other cause. No one will deny that a temporary relief is afforded by powerful purgatives; but it is not a temporary, but a permanent relief the patient suffering from constipation demands.

Salt and water make an excellent remedy for inflamed eyes. Hemorrhages of the lungs or stomach are often checked by small doses of salt. Neuralgia of the feet and limbs can be cured by bathing night and morning with salt and water as hot as can be borne. After bathing, rub the feet briskly with a coarse towel. A gargle of salt and water strengthens the throat, and, used hot, will cure a sore throat. As a tooth powder salt will keep the teeth white and the gums hard and rosy.

Two teaspoonfuls of salt in half a pint of tepid water is an emetic always on hand, and is an antidote for poisoning from nitrate of silver.